

# Special Olympics North Carolina Catawba County Summer 2009

NORTH CAROLINA  
PARKS & RECREATION



**A message from  
the director...**



**BOB DOWLESS**

Providing quality programming and services, a safe, aesthetically pleasing greenway and park system is the commitment we make every day to the families and residents of Concord. We take great pride in providing services that enhance quality of life and we strive to make our community a great place to live.

I hope you have the opportunity to get outdoors and walk the greenway, visit one of our parks, experience one of our special events, visit one of our community centers, and participate in a recreational class or program.

The Concord Parks and Recreation Department takes great pride in the community support we receive and want you to know that we are continually working to earn your support.

We welcome your comments, questions or concerns. You can reach our office at 704-920-5600 or email us at

[recreation@ci.concord.nc.us](mailto:recreation@ci.concord.nc.us).

***"Fill your free time with  
something you love to do.  
You will be glad you did."***



The City of Concord Parks and Recreation Department exists to provide recreation services, parks and facilities that enrich the lives of all residents and promote the opportunity for a healthy lifestyle.

**RECREATION CENTERS AND FACILITIES**

The Concord Parks & Recreation Department has three recreation centers: Academy, Hartsell, Logan. Each provides a variety of recreational opportunities to the public. The centers offer billiards, foosball, bumper pool, air hockey, shuffleboard and table tennis. Weight rooms, available to men and women, are equipped with machines, free weights and cardiovascular equipment. The centers also offer free play in the gymnasiums, including basketball and volleyball.

Content/Scheduled dates may be subject to change.

**Meeting rooms are available for rent.**

**ACADEMY  
RECREATION CENTER**

147 Academy Avenue,  
NW Angie McLean,  
Center Supervisor

**704-920-5601**

Information for Beverly Hills Park,  
Academy Park, Les Myers Park, J. W.  
"Mickey" McGee Park, Lake Fisher Boat  
Rentals, Harold B. McEachern Greenway  
and The Village Greenway

**POOL TOURNAMENT**

Activity # 1000.209

Who's the best pool shark in your age group? This pool tournament is for ages 9 - 17 and will reveal who runs the Academy pool tables.

Thursday, 6/11  
12:00 p.m.

**TAKE IT TO THE HOLE  
THURSDAYS**

Activity # 1001.209

Ladies ages 25 and up, come to the Academy Recreation Center every Thursday for a little pick-up basketball.

Thursdays  
6/4, 6/11, 6/18, 6/25  
7:00 - 8:00 p.m.

**ART DAY**

Activity # 1002.209

Calling all 6 - 14 year olds who love to draw! Come get your creative juices flowing with crayons and see what you can create!

Tuesday, 7/7  
12:00 - 1:00 p.m.

**MOVIE DAY**

Activity # 1003.209

Boys and girls, get out of the summer weather and cool off with a fun movie and snacks.

Tuesday, 7/28  
12:00 p.m.

**BACK TO SCHOOL SOCIAL**

Activity # 1004.209

Come hangout with us and your friends before you head back to school. Join us for basketball, pool, fooseball, refreshments and more.

Friday, 8/21  
12:00 - 1:30 p.m.



## HARTSELL RECREATION CENTER

60 Hartsell School Road  
Martha Hagood,  
Center Supervisor  
**704-920-5602**  
Information for Hartsell Park and  
James L. Dorton Park.

### SUMMER FUN

Activity # 1005.209  
We're welcoming all ages to bring  
your family to play basketball,  
billiards, foosball, bumper pool,  
table games, and enjoy our facility.  
No fee.  
Monday - Friday  
11:00 a.m. - 8:00 p.m.

### WALKING CLASS

A total body walking program that  
provides you serious fat burning,  
muscle conditioning and stretching  
all in one. Energized programs to  
start on Monday, Wednesday, &  
Friday.  
No fee.  
**Morning Class:** Activity # 1006.209  
Monday, Wednesday, & Friday  
Continuous, 9:15 - 10:15 a.m.

**Evening Class:** Activity # 1007.209  
Monday, Tuesday, & Wednesday  
Continuous, 5:00 - 6:00 p.m.

### HOP SCOTCH TIME

Activity # 1008.209  
Staff will participate with you on  
the outside basketball court to see  
who can hop scotch without  
stepping on the line.  
Ages 6 - 14 welcome.  
Tuesday, 7/7  
3:30 - 4:30 p.m.

### BINGO

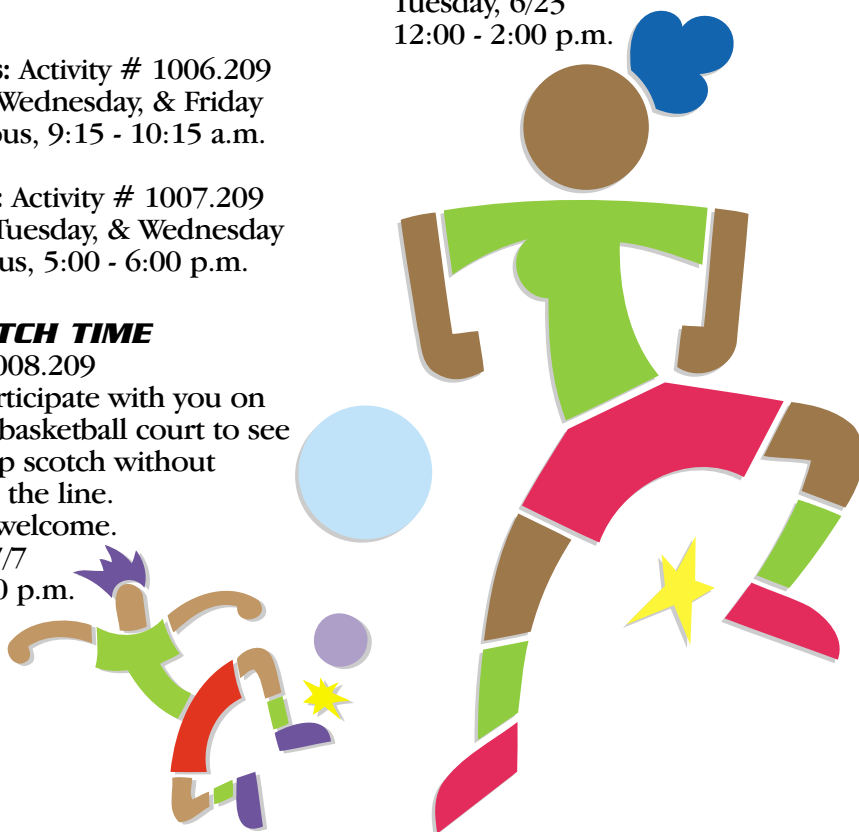
Activity # 1009.209  
Children ages 6-12 can play this  
game. Come meet new friends and  
win prizes playing bingo.  
No fee  
Thursdays  
6/4, 6/11, 6/18, 6/25  
5:00 - 6:00 p.m.

### DOUBLE DUTCH ROPE

Activity # 1010.209  
If you like to jump rope, this is for  
you! Come see who can double  
dutch the longest to win a set jump  
ropes. Anyone age 7 - 16 is welcome  
to join in on the fun!  
Monday, 7/20  
2:00 - 4:00 p.m.

### COMMUNITY KICK BALL

Activity # 1011.209  
Let's have fun playing kick ball! This  
is a great way to spend time with  
your friends and to meet new  
friends. Ages 6 - 14.  
Tuesday, 6/23  
12:00 - 2:00 p.m.



## LAKE FISHER 2009 SEASON

Lake Fisher is a North Carolina  
watershed, providing water to  
Cabarrus County residents.  
Because of this classification  
rules and regulations govern  
activities here. Please assist us  
by following these guidelines.

The lake is scheduled to operate  
boat rentals from Tuesday, March  
17 through Friday, November 13,  
2009. These dates are subject to  
change due to water restrictions,  
special programs or other factors  
deemed necessary by the City of  
Concord officials.

### Hours of Operation:

Mon. - closed  
Tues. - closed  
Wed. - 7:00 a.m. - 12:00 p.m.  
Thurs. - 2:00 - 7:00 p.m.  
Fri. - 7:00 a.m. - 7:00 p.m.  
Sat. - 7:00 a.m. - 3:00 p.m.  
Sun. - 1:00 p.m. - 6:00 p.m.

### Boat Rental Fees (per person):

Adults 1/2 day:  
\$10; \$6 city resident  
Adults full day (Friday only)  
\$14; \$9 city resident  
Senior Citizen 1/2 day  
(60 or older):  
\$5; \$4 city resident  
Senior Citizen full day  
(60 or older):  
\$7; \$5 city resident  
Youth 1/2 day (ages 12 - 16):  
\$5; \$3 city resident  
Youth full day (ages 12 - 16):  
\$7; \$5 city resident

### RECREATION CENTERS HOURS OF OPERATION

Monday-Friday	8:00 a.m. - 8:00 p.m.	Saturday	12:00 noon - 5:00 p.m.
Sunday	1:00 p.m. - 5:00 p.m.	Holidays	12:00 noon - 6:00 p.m.
Closed	Thanksgiving, Christmas and Easter.		

## SPECIAL INTEREST



### DANCEOUT AND ZUMBA CLASSES

#### DANCEOUT

Is a dance inspired fitness class that feels more like a party than a workout. Jam to HOT tunes from many different musical genres, including Hip Hop, Pop, Swing, Oldies, Reggae, Latin and More! The moves are simple and repetitive so everyone can do them! If you don't like to workout, but do like to dance, then this class is for you! Don't work out, DanceOut!

Continual

Mondays, 6:30 - 7:30 p.m.

#### ZUMBA

Is a Latin-dance inspired fitness class with salsa, merengue, samba, bachata, mambo, cumbia, reggaeton and other international rhythms. ZUMBA incorporates full-body moves that are easy to follow and fun to do. You will tone your entire body and lose weight all while having a great time.

Continual

Thursdays, 6:30 - 7:30 p.m.

Fee:

1 drop-in - \$8

5 class card - \$35

10 class card - \$60

20 class card - \$100

Location: Fire Station #9

1020 Ivey Cline Road

**REGISTER AT CLASS!!!**

### LOGAN MULTI-PURPOSE CENTER

151 Rone Avenue, SW

Rodney Smith,

Center Supervisor

704-920-5603

Information for Caldwell Park and W. W. Flowe Park.

#### SENIOR CITIZENS WALKING CLUB

Activity# 1012.209

This program is for anyone over the age of 55. Keep track of your distance and weight loss and walk towards a healthier, longer life.

Monday - Friday

9:30 a.m. - 12:00 p.m.

#### GIVING BACK PROGRAM 2

Activity # 1013.209

This is a continuation of the Giving Back Program that began in the fall. Enrich your community by adopting a street and giving a few hours of your time keeping it in good condition.

All ages welcome.

Wednesday, 8/12

9:00 a.m. - 12:00 p.m.

#### TEAM 9-BALL POOL TOURNAMENT

Activity # 1014.209

This is a fun game where participants play the pool balls in order from 1 thru 9. More information will be given during the tournament.

Friday, 7/24

3:00 - 5:00 p.m.



#### KARATE

Activity # 1015.209

Instruction for 4-10 year olds and 11 years and up. No fee for classes.

Registration 6/2-7/2.

Tuesdays & Thursdays

6:00 - 7:00 p.m. - 4-10 year olds

6:00 - 7:00 p.m. - parent/child

7:00 - 8:30 p.m. - 11 years and up

Contact Sensei Moody at 704-701-1346 for additional information.

#### YOUTH LIBRARY

Activity # 1016.209

Become a better reader by traveling to the library for two hours of reading and increasing your points in your school's reading program.

Tuesdays & Thursdays

6/16 - 8/13 (5 weeks)

5:00 - 7:00 p.m.

#### MENS HORSE SHOE CONTEST

Activity# 1017.209

Come to W. W. Flowe Park for a serious game of horse shoes. You must be 18 or older to play. Trophies will be given for 1st - 3rd place winners.

Saturday, 7/11

11:00 a.m. - 2:00 p.m.

#### FREE THROW CONTEST

Activity # 1018.209

Youth and teens, come out and shoot 10 times from the regulation free throw line to see who can get the highest percentage.

Friday, 8/14

11:00 a.m. - 12:00 p.m.



## TRIPS

Enjoy traveling and leave the driving to us! All trips depart from "The Village" located across from First Assembly on Concord Parkway South in Concord. Please park in the parking lot north of Big Lots, across from Arby's. Plan to arrive 15-20 minutes before departure for trips. Pre-registration is required.

Trips less than two hours one-way will utilize the Parks & Recreation Department activity bus. Longer trips will be via motor coach.

### **THOROUGHLY MODERN MILLIE AT THE WOHLFAHRT HAUS DINNER THEATER, WYTHEVILLE, VIRGINIA**

Activity # 7000.209

Wohlfahrt Dinner Theater is a state-of-the-art German-themed dinner theater nestled in the beautiful Appalachian Mountains of southwest Virginia. While seated in our comfortable lounge style chairs, you will be served a four course meal. Thoroughly Modern Millie is a zany 1920's musical that took Broadway by storm. It tells the life of Millie Dillmount, who has just moved to New York in search of a new life for herself. This musical is filled with new songs, frisky flappers, dashing leading men and a dragon-lady villainess that audiences will love to hate.

Date: Thursday, 9/10

Fee: \$60 (includes lunch and transportation)

Depart: 9:00 a.m.

Return: 7:00 - 7:30 p.m.



### **CHINQUA PENN PLANTATION, REIDSVILLE, NC**

Activity # 7001.209

Featured on A&E's American Castles and acclaimed as an architectural American treasure, Chinqua Penn Plantation is listed on the National Register of Historic Places and includes a 27 room English countryside mansion filled with elaborate furnishings from 30 countries, surrounded by 22 acres of beautiful gardens and historic landscape. We will have a guided tour of the house and gardens, wine tasting and dinner on the premises.

Date: Tuesday, 9/22

Fee: \$50 (includes lunch and transportation)

Depart: 8:00 a.m.

Return: 5:30 - 6:00 p.m.



*City of Concord Parks  
& Recreation Department's  
New Activity Bus.*

## SPECIAL EVENTS



### **UNION STREET LIVE**

Third Thursday of

May - September

6:00 p.m. - 9:00 p.m.

Downtown Concord

For more information please contact CDDC at 704-784-4208.

June 18th - Too Much Sylvia

July 16th - Sea Cruz

August 20th - Tim Clark Band

September 17th - Catalinas



### **LOGAN COMMUNITY FESTIVAL**

Saturday, 6/6

11:00 a.m. - 7:00 p.m.

Marvin Caldwell Park

362 Gerogia Avenue

Fun for all in Caldwell Park. Amusement games and rides for children, basketball shoot-out, music, vendors with crafts and jewelry, food and more food! Come join the fun!

# ROAD RACE

## STREETLIGHT 5K

IN CONJUNCTION WITH THE  
CABARRUS HEALTH ALLIANCE

Activity # 6001.409

Friday, 7/17

Fun Run begins at 8:00 p.m.

5K begins at 8:30 p.m.

Fee: \$20 Early Registration

\$25 After 7/11

## COURSE INFORMATION

USAT&F Certified Course

5k Course Directions

Start at Academy

Recreation Center

Right onto

Union Street South

Turnaround on Union Street

Left on Academy Ave., NW

Finish at Academy Recreation

Center

1 mile Fun Run will begin at  
and run through the  
Village Greenway.

Age Categories:

14 and under; 15-19; 20-24;

25-29; 30-34; 35-39; 40-44;

45-49; 50-54; 55-59; 60-64;

65-69; 70-74; 75 and better.

Registration for all Road Races  
is available online at

[www.concordparksandrec.org](http://www.concordparksandrec.org),

in person at 147 Academy Ave.

or by phone at 704-920-5619.

Registration for each individual  
event or all events is available.



# ATHLETICS

Please call the ATHLETIC INFORMATION HOTLINE at 704-920-5640  
for updates and cancellations.

## FUTURE ROAD RACES

### UNITED WAY RUN FOR LIFE 5K & 10 K

Activity # 6002.409

Saturday, 10/10

8:00 a.m. Fun Run

8:30 a.m. NEW 5K

8:30 a.m. 10K

5K and 10K begin in front of the  
Academy Recreation Center and  
will run through Downtown  
Concord. The Fun Run will run  
through the Village Greenway.

Fee: **10K:** \$20 Early Registration  
\$25 After 10/2

**5K:** \$12 Early Registration  
\$15 After 10/2



### YOUTH SOCCER REGISTRATION

No mail registrations, please.

Register: 6/15 - 7/24

Monday - Thursday

8:00 a.m. - 7:00 p.m.

Friday, 8:00 a.m. - 5:00 p.m.

Fee: \$50; \$30 city resident

Location: Academy Athletic Office,  
Hartsell Recreation  
Center and Logan  
Multipurpose Center

### ADULT SOFTBALL ORGANIZATIONAL MEETING

This meeting is for anyone  
interested in forming a team.

Thursday, 7/16

6:30 p.m.

Location: Academy Recreation  
Center

## GOLF

### LADIES SUMMER GOLF CLINIC

Activity # 6003.209

Open to ladies who are interested  
in learning the basic skills associated  
with golf. PGA certified professionals  
will assist you in learning the ins  
and outs of the relaxing game of  
golf. Golf etiquette and basic skills  
will be discussed in this stress free  
clinic.

Tuesdays

6/23, 6/30, 7/7, 7/14

6:00 - 7:00 p.m.

Fee: \$50; \$5 city resident discount  
PLUS \$6 for a bag of Golf Balls

Location: Rocky River Golf Club



### MEN'S BEGINNER GOLF CLINIC

Activity #6004.209

Open to men ages 18 & older who  
are interested in learning the skills  
associated with golf. PGA certified  
professionals will assist you in  
learning the ins and outs of golf.

Thursdays

7/23, 7/30, 8/6, 8/13

Fee: \$50; \$5 city resident discount  
PLUS \$6 for a bag of Golf Balls

Location: Rocky River Golf Club

### LADIES FALL GOLF CLINIC

Activity # 6005.209

Open to ladies who are interested  
in learning the basic skills associated  
with golf. PGA certified professionals  
will assist you in learning the ins  
and outs of the relaxing game of  
golf. Golf etiquette and basic skills  
will be discussed in this stress free  
clinic.

Tuesdays

9/8, 9/15, 9/22, 9/29

5:30 - 6:30 p.m.

Fee: \$50; \$5 city resident discount  
PLUS \$6 for a bag of Golf Balls

Location: Rocky River Golf Club



## FENCING

Activity # 6005.209

Charlotte Fencing Academy will provide a fencing demonstration that is FREE to the public. Certified instructors will answer any questions and demonstrate skills needed to excel in fencing.

Saturday, 8/22

2:00 - 4:00 p.m.

Fee: FREE

Location: Academy Recreation Center



In cooperation with the Charlotte Fencing Academy, the City of Concord is offering a Fencing class. Charlotte Fencing Academy embraces a philosophy centered on the three core values of honor, integrity, and courage. Each coach is accredited and experienced. Each student will learn the basics of the art of fencing and will have the opportunity to enjoy this sport for the rest of their lives. Equipment provided.

Session I: Activity # 6006.209

Wednesdays

9/16 - 10/21 (6 weeks)

Session II: Activity # 6007.209

Wednesdays

10/28 - 12/2 (6 weeks)

Fee: \$75

*\$5 city resident discount*

Location: Academy Recreation Center (Subject to change)



## TENNIS

Known as "the sport for a lifetime," playing tennis directly impacts a person's health and quality of life. Tennis is a family-friendly sport which not only provides a great aerobic workout, but also teaches values such as teamwork, fair play, sportsmanship and discipline.

The City of Concord Parks & Recreation Department has 14 tennis courts located within area parks (James L. Dorton Park, Caldwell Park, Beverly Hills Park and Les Myers Park).

Please contact Tennis Coordinator, Chad C. Oxendine, USPTA at 704-806-0909 or [chad@amptennis.com](mailto:chad@amptennis.com) if you have any questions. [www.amptennis.com](http://www.amptennis.com)



## GYMNASTICS SUMMER FUN



Are you ready for tumbling skills, stretching, flying over the vault, balancing on a beam, flipping over the bars - and of course trampoline fun?? That will fill our first hour and the next is Happy Hour!! Games, contests, races - you name it - we are having fun doing it! All classes are taught by safety certified instructors, with our main focus on proper instruction and care for every child. Enjoy our newly renovated facility. AND DON'T MISS THE FUN!!!

Starting Tuesday, July 14, 2009 and ending Thursday, August 20, 2009.

Tuesdays and Thursdays

**Ages 5 - 8 years olds**

Activity # 6008.209

Tuesdays, 1:00 - 3:00 p.m.

Thursdays, 6:00 - 8:00 p.m.

**Ages 9 - 15 year olds**

Activity # 6009.209

Tuesdays, 6:00 - 8:00 p.m.

Thursdays, 1:00 - 3:00 p.m.

Fee: \$75

*\$5 city resident discount*

Location: NY★C Dance and

Tumble

209 Branchview Dr.

Concord, NC 28025

## PUBLIC SWIM

Swimming open to the general public. Patrons must purchase a Privilege Pass I.D. in order to swim. The Aquatic Center is open Monday through Sunday beginning May 23 and closes August 15.

Hours for public swimming:

Mon. - Thurs.: 1:00 - 5:00 p.m.  
Friday: 11:00 - 5:00 p.m.  
Sat.: 12:00 - 7:00 p.m.  
Sun.: 1:00 - 5:00 p.m.

Fees:

\$10 Individual Privilege Pass;  
\$5 city resident discount  
\$30 Family Privilege Pass;  
\$15 city resident discount

Daily swim fee:

\$1.50 Youth; \$2.50 Adults

## SWIMMING LESSONS

**Group lessons** are offered for ages 3 and up. In 2009 we will offer five two week sessions. Registration opens March 30. We use the American Red Cross Learn to Swim Program. Group lessons will be offered Monday - Thursday, mornings and evenings with each session lasting two weeks, except parent/child lessons which are one week. Sessions begin June 1 and end August 13. No classes the week of July 4.

Fees: \$40

\$5 city resident discount

**Parent/Child lessons** are for children 18 months through 2 years of age. Parents will be in the water with their children. Classes meet for 30 minutes Monday - Thursday for one week.

Fee: \$20

\$5 city resident discount

**Individual lessons** are also offered and will be scheduled on an individual basis. They will last 30 minutes. For more information or to schedule a lesson contact pool manager after 5/23 at 704-920-5604.

Fee: \$20 per person per lesson;

\$5 city resident discount

**Adult lessons** will be on Tuesday and Thursdays from 7:00 - 7:45 p.m. for two sessions, 6/2 - 6/25 and 7/7 - 7/30.

Fee: \$40

\$5 city resident discount

## CLASS INFORMATION

Parent/Child, Pre-school and Level 1 classes meet for 30 minutes. Level 2 - 6 meet for 45 minutes. There is typically a playtime the last 5 minutes of class. All classes are progressive. Students must perform the skills of one level before moving to the next level. Students are not expected to pass a level in only one session. Please check with the instructor before registering your child for the next level.

**Pre-school:** for 3 and 4 year olds with little or no experience in the water. If your child has experience in the water he/she may register for the appropriate Level 1 or 2 class.

**Level 1:** Students with minimal water experience will be asked to put their face in the water and begin to experience floating on their front and back with support. They will also learn alternating arm action.

**Level 2:** Students will begin floating on their own and by the completion of the level will be able to swim 5 yards on their front and back.

**Level 3:** Front crawl, back crawl and elementary backstroke will be introduced and practiced. Students will also learn how to tread in deep water.

**Level 4:** Deep water swimming at longer distances is practiced. To pass this level the student must be able to swim 25 yards crawl stroke using rotary breathing as well as 25 yards of backstroke.

**Level 5 & 6:** Upper level classes cater to the experienced swimmer. Breaststroke, sidestroke and butterfly will be learned and endurance will be increased. This is a great preparation for GuardStart or a Lifeguard class.

**Adult Classes:** If you have never learned to swim or you would like to improve your strokes and endurance this class is for you. Classes will be in the evening in an "adult only" setting. Adult classes meet on Tuesdays and Thursdays for four weeks.

## GUARDSTART TRAINING

Activity # 6010.209

This junior lifeguard class is designed to prepare 11 - 14 year olds to take the American Red Cross Lifeguard certification program. The program helps participants build the foundation of knowledge, attitudes and skills needed to become responsible lifeguards. Lessons are grouped into five main areas: prevention, fitness, response, leadership and professionalism. Level 5 or higher swimming ability is required. This class is limited to 10 students.

Dates: Monday - Friday

7/6 - 7/10

9:30 - 11:30 a.m.

and 1:00 - 3:00 p.m. on 7/10

Fee: \$40

\$5 city resident discount

## ADULT WATER AEROBICS

The cool way to stay fit during the summer in a fun and invigorating fitness program.

Instructor: Lee Campbell

Mondays & Wednesdays

7:00 - 7:45 p.m.

**Session I:** Activity # 6008.109

6/1 - 6/24 (4 weeks)

Fee: \$28

\$5 city resident discount

**Session II:** Activity # 6009.109

7/6 - 8/5 (5 weeks)

Fee: \$34

\$5 city resident discount

**Both sessions:** Activity # 6010.109

Fee: \$50

\$5 city resident discount

## ATHLETIC APPRECIATION DAY

City of Concord Parks and Recreation Baseball and Softball players will receive FREE entry. Saturday, 6/27.





# SWIM LESSONS

Session 1				
Level	Dates	Time	Day	Activity #
PreSchool	6/1 - 6/11	5:45	Mon - Thurs	2009.209
1	6/1 - 6/11	5:45	Mon - Thurs	2011.209
2	6/1 - 6/11	5:45	Mon - Thurs	2003.209
3	6/1 - 6/11	5:45	Mon - Thurs	2004.209
4	6/1 - 6/11	5:45	Mon - Thurs	2005.209
5&6	6/1 - 6/11	5:45	Mon - Thurs	2006.209
Adult Lesson	6/2 - 6/25	7:00	Tue & Thur	2067.209
Session 2				
Level	Dates	Time	Day	Activity #
Parent/Child	6/15 - 6/18	10:45 AM	Mon - Thurs	2013.209
Parent/Child	6/15 - 6/18	5:45 PM	Mon - Thurs	2016.209
PreSchool	6/15 - 6/25	9:15 AM	Mon - Thurs	2008.209
PreSchool	6/15 - 6/25	10:00 AM	Mon - Thurs	2010.209
PreSchool	6/15 - 6/25	11:30 AM	Mon - Thurs	2014.209
1	6/15 - 6/25	9:15 AM	Mon - Thurs	2209.209
1	6/15 - 6/25	10:00 AM	Mon - Thurs	2211.209
1	6/15 - 6/25	5:45 PM	Mon - Thurs	2217.209
2	6/15 - 6/25	9:00 AM	Mon - Thurs	2018.209
2	6/15 - 6/25	10:00 AM	Mon - Thurs	2023.209
2	6/15 - 6/25	10:00 AM	Mon - Thurs	2024.209
2	6/15 - 6/25	11:00 AM	Mon - Thurs	2028.209
2	6/15 - 6/25	11:00 AM	Mon - Thurs	2029.209
2	6/15 - 6/25	5:45 PM	Mon - Thurs	2033.209
2	6/15 - 6/25	5:45 PM	Mon - Thurs	2034.209
3	6/15 - 6/25	9:00 AM	Mon - Thurs	2019.209
3	6/15 - 6/25	10:00 AM	Mon - Thurs	2025.209
3	6/15 - 6/25	11:00 AM	Mon - Thurs	2030.209
3	6/15 - 6/25	11:00 AM	Mon - Thurs	2031.209
3	6/15 - 6/25	5:45 PM	Mon - Thurs	2035.209
4	6/15 - 6/25	9:00 AM	Mon - Thurs	2020.209
4	6/15 - 6/25	10:00 AM	Mon - Thurs	2026.209
4	6/15 - 6/25	11:00 AM	Mon - Thurs	2032.209
4	6/15 - 6/25	5:45 PM	Mon - Thurs	2036.209
5	6/15 - 6/25	9:00 AM	Mon - Thurs	2021.209
5&6	6/15 - 6/25	10:00 AM	Mon - Thurs	2027.209
5&6	6/15 - 6/25	5:45 PM	Mon - Thurs	2037.209
5&6	6/15 - 6/25	9:00 AM	Mon - Thurs	2022.209



Session 3				
Level	Dates	Time	Day	Activity #
Parent/Child	7/6 - 7/9	10:45 AM	Mon - Thurs	2043.209
PreSchool	7/6 - 7/16	9:15 AM	Mon - Thurs	2038.209
PreSchool	7/6 - 7/16	10:00 AM	Mon - Thurs	2040.209
PreSchool	7/6 - 7/16	10:45 AM	Mon - Thurs	2042.209
PreSchool	7/6 - 7/16	11:30 AM	Mon - Thurs	2044.209
PreSchool	7/6 - 7/16	5:45 PM	Mon - Thurs	2046.209
1	7/6 - 7/16	9:15 AM	Mon - Thurs	2039.209
1	7/6 - 7/16	10:00 AM	Mon - Thurs	2041.209
1	7/6 - 7/16	11:30 AM	Mon - Thurs	2045.209
1	7/6 - 7/16	5:45 PM	Mon - Thurs	2047.209
2	7/6 - 7/16	9:00 AM	Mon - Thurs	2048.209
2	7/6 - 7/16	10:00 AM	Mon - Thurs	2053.209
2	7/6 - 7/16	10:00 AM	Mon - Thurs	2054.209
2	7/6 - 7/16	11:00 AM	Mon - Thurs	2058.209
2	7/6 - 7/16	11:00 AM	Mon - Thurs	2059.209
2	7/6 - 7/16	5:45 PM	Mon - Thurs	2063.209
2	7/6 - 7/16	5:45 PM	Mon - Thurs	2064.209
3	7/6 - 7/16	9:00 AM	Mon - Thurs	2049.209
3	7/6 - 7/16	10:00 AM	Mon - Thurs	2055.209
3	7/6 - 7/16	11:00 AM	Mon - Thurs	2060.209
3	7/6 - 7/16	11:00 AM	Mon - Thurs	2061.209
3	7/6 - 7/16	5:45 PM	Mon - Thurs	2065.209
4	7/6 - 7/16	9:00 AM	Mon - Thurs	2050.209
4	7/6 - 7/16	10:00 AM	Mon - Thurs	2056.209
4	7/6 - 7/16	11:00 AM	Mon - Thurs	2062.209
4	7/6 - 7/16	5:45 PM	Mon - Thurs	2066.209
5&6	7/6 - 7/16	9:00 AM	Mon - Thurs	2051.209
5&6	7/6 - 7/16	10:00 AM	Mon - Thurs	2057.209
5&6	7/6 - 7/16	5:45 PM	Mon - Thurs	2267.209
GuardStart	7/6 - 7/10	9:30 AM	Mon - Fri	2132.209
Adult Lesson	7/7 - 7/30	7:00 PM	Tue & Thur	2068.209



# SPECIAL INTEREST

## CAROLINA SHAG DANCE CLASS

Learn in four lessons the fundamentals of the dance that originated in the Carolinas.

Open to singles and couples.

Min. 10 participants.

Instructor: Patty Blackmon

Fee: \$35

*\$5 city resident discount*

Beginners

7:00 - 8:00 p.m.

Intermediate

8:00 - 9:00 p.m.

### June Session

Mondays, 6/1, 6/8, 6/15, 6/22

Beginners: Activity # 8000.209

Intermediate: Activity # 8001.209

### July Session

Mondays, 7/6, 7/13, 7/20, 7/27

Beginners: Activity #8003.209

Intermediate: Activity #8004.209

Location: Fire Station #8

### August Session

Wednesdays, 8/5, 8/12, 8/19, 8/26

Beginners: Activity #8005.209

Intermediate: Activity #8006.209

### September Session

Wednesdays, 9/2, 9/9, 9/16, 9/23

Beginners: Activity #8007.209

Intermediate: Activity #8008.209

Location: Fire Station #7



# SWIM LESSONS CONT...CONTINUED

Session 4				
Level	Dates	Time	Day	Activity #
Parent/Child	7/20 - 7/23	10:45 AM	Mon - Thurs	2074.209
Parent/Child	7/20 - 7/23	5:45 PM	Mon - Thurs	2077.209
PreSchool	7/20 - 7/30	9:15 AM	Mon - Thurs	2069.209
1	7/20 - 7/30	9:15 AM	Mon - Thurs	2070.209
1	7/20 - 7/30	10:00 AM	Mon - Thurs	2071.209
1	7/20 - 7/30	10:00 AM	Mon - Thurs	2072.209
1	7/20 - 7/30	11:30 AM	Mon - Thurs	2076.209
1	7/20 - 7/30	5:45 PM	Mon - Thurs	2078.209
2	7/20 - 7/30	9:00 AM	Mon - Thurs	2079.209
2	7/20 - 7/30	10:00 AM	Mon - Thurs	2084.209
2	7/20 - 7/30	10:00 AM	Mon - Thurs	2085.209
2	7/20 - 7/30	11:00 AM	Mon - Thurs	2089.209
2	7/20 - 7/30	11:00 AM	Mon - Thurs	2090.209
2	7/20 - 7/30	5:45 PM	Mon - Thurs	2094.209
3	7/20 - 7/30	9:00 AM	Mon - Thurs	2080.209
3	7/20 - 7/30	10:00 AM	Mon - Thurs	2086.209
3	7/20 - 7/30	11:00 AM	Mon - Thurs	2091.209
3	7/20 - 7/30	11:00 AM	Mon - Thurs	2092.209
3	7/20 - 7/30	5:45 PM	Mon - Thurs	2096.209
4	7/20 - 7/30	9:00 AM	Mon - Thurs	2081.209
4	7/20 - 7/30	10:00 AM	Mon - Thurs	2087.209
4	7/20 - 7/30	11:00 AM	Mon - Thurs	2093.209
4	7/20 - 7/30	5:45 PM	Mon - Thurs	2097.209
5&6	7/20 - 7/30	9:00 AM	Mon - Thurs	2082.209
5&6	7/20 - 7/30	5:45 PM	Mon - Thurs	2098.209

Session 5				
Level	Dates	Time	Day	Activity #
Parent/Child	8/3 - 8/6	10:45 AM	Mon - Thurs	2104.209
Parent/Child	8/3 - 8/6	10:45 AM	Mon - Thurs	2140.209
PreSchool	8/3 - 8/13	9:15 AM	Mon - Thurs	2099.209
PreSchool	8/3 - 8/13	10:00 AM	Mon - Thurs	2101.209
PreSchool	8/3 - 8/13	10:45 AM	Mon - Thurs	2103.209
PreSchool	8/3 - 8/13	11:30 AM	Mon - Thurs	2105.209
PreSchool	8/3 - 8/13	5:45 PM	Mon - Thurs	2107.209
1	8/3 - 8/13	9:15 AM	Mon - Thurs	2100.209
1	8/3 - 8/13	9:15 AM	Mon - Thurs	2100.209
1	8/3 - 8/13	10:00 AM	Mon - Thurs	2102.209
1	8/3 - 8/13	11:30 AM	Mon - Thurs	2106.209
1	8/3 - 8/13	5:45 PM	Mon - Thurs	2108.209
1	8/3 - 8/13	9:15 AM	Mon - Thurs	2151.209
1	8/3 - 8/13	9:15 AM	Mon - Thurs	2180.209
2	8/3 - 8/13	9:00 AM	Mon - Thurs	2109.209
2	8/3 - 8/13	9:00 AM	Mon - Thurs	2109.209
2	8/3 - 8/13	10:00 AM	Mon - Thurs	2114.209
2	8/3 - 8/13	10:00 AM	Mon - Thurs	2115.209
2	8/3 - 8/13	11:00 AM	Mon - Thurs	2119.209
2	8/3 - 8/13	11:00 AM	Mon - Thurs	2120.209
2	8/3 - 8/13	5:45 PM	Mon - Thurs	2124.209
2	8/3 - 8/13	5:45 PM	Mon - Thurs	2125.209
2	8/3 - 8/13	9:00 AM	Mon - Thurs	2150.209
2	8/3 - 8/13	9:00 AM	Mon - Thurs	2181.209
3	8/3 - 8/13	9:00 AM	Mon - Thurs	2110.209
3	8/3 - 8/13	10:00 AM	Mon - Thurs	2116.209
3	8/3 - 8/13	11:00 AM	Mon - Thurs	2121.209
3	8/3 - 8/13	11:00 AM	Mon - Thurs	2122.209
3	8/3 - 8/13	5:45 PM	Mon - Thurs	2126.209
4	8/3 - 8/13	9:00 AM	Mon - Thurs	2111.209
4	8/3 - 8/13	10:00 AM	Mon - Thurs	2117.209
4	8/3 - 8/13	11:00 AM	Mon - Thurs	2123.209
4	8/3 - 8/13	5:45 PM	Mon - Thurs	2127.209
5&6	8/3 - 8/13	9:00 AM	Mon - Thurs	2128.209
5&6	8/3 - 8/13	10:00 AM	Mon - Thurs	2118.209



# ARTS & CRAFTS

Due to purchasing of supplies and preparation time of instructors **pre-registration is required for all arts & crafts classes.** To receive a full refund you must cancel your registration at least one week prior to your class.

## QUILTING

Enjoy creating a lifetime keepsake. Open to beginner and intermediate quilters. For a materials list call instructor Peggy Fox, 704-933-2530.

**Day Class:** Activity # 5000.209

Tuesdays, 8/4 - 10/20 (12 weeks)  
10:00 a.m. - 12:00 p.m.

Location: Logan Multi-Purpose Center

**Evening Class:** Activity # 5001.209

Thursdays, 8/6 - 10/22  
(12 weeks)  
7:00 - 9:00 p.m.

Fee: \$30

*\$5 city resident discount*

PLUS materials

Location: Fire Station #7

250 International Drive NW

## BASIC DRAWING AND PAINTING ART CLASS

This class will cover the basic techniques of painting and drawing. You will create pieces by learning from the masters of art history - new and old! Contact Amanda Campbell for materials and questions, [campbellsstudio@gmail.com](mailto:campbellsstudio@gmail.com).

Thursdays

5:00 - 6:00 p.m.

**Session I:** Activity # 5002.209

6/4 - 7/30

**Session II:** Activity # 5003.209

8/6 - 9/24

Fee: \$30

*\$5 city resident discount*

PLUS \$15 materials fee to be paid to instructor

Location: Fire Station #7

250 International Dr. NW

## SENIOR BASIC DRAWING AND PAINTING

Learn the basic drawing and painting techniques to enhance your talent. This class will be taught from the perspective of historical art. Contact Amanda Campbell for materials list and questions, [campbellsstudio@gmail.com](mailto:campbellsstudio@gmail.com).

Fridays

1:00 - 2:00 p.m.

**Session I:** Activity # 5004.209

6/5 - 7/31

**Session II:** Activity # 5005.209

8/7 - 9/25

Fee: \$10

*\$5 city resident discount*

PLUS \$30 materials fee to be paid to instructor.

Location: Fire Station #7

250 International Dr. NW

## WATERCOLOR PENCILS

Activity # 5006.209

Learn watercolor pencil technique while creating one or two pieces.

Min. 6; max. 15 participants. Call instructor Linda Long for materials, 704-938-1420.

Wednesday, 9/23

9:00 a.m. - 2:00 p.m.

Pre-registration by 9/16

Fee: \$25

*\$5 city resident discount*

PLUS \$12 materials fee paid to instructor

Location: Academy Recreation Center

## BROKEN CHINA MOSAICS

Learn the basics of Broken China Mosaics. Our project will be a picture frame. Min. 6; Max. 8. Call instructor Kim Hoyt for materials, 704-209-6562.

**Session I:** Activity # 5007.209

Saturday, 7/11

9:00 a.m. - 2:00 p.m.

Pre-registration by 7/4

**Session II:** Activity # 5008.209

Saturday, 8/8

9:00 a.m. - 2:00 p.m.

Pre-registration by 8/1

**Session III:** Activity # 5009.209

Saturday, 9/19

9:00 a.m. - 2:00 p.m.

Pre-registration by 9/12

Fee: \$25

*\$5 city resident discount*

PLUS \$15 materials fee paid to instructor

Location: Academy Recreation Center

*The following beading classes meet at The Bead Lady, 1 Union St. N., Concord*



## BASIC BEAD JEWELRY CLASS

Learn the art of beaded jewelry during this 1-1/2 hour class.

Bracelet included. Receive a 10% discount for supplies purchased the day of class.

**Session I:** Activity # 5010.209

Saturday, 6/13

11:00 a.m. - 12:30 p.m.

**Session II:** Activity # 5011.209

Saturday, 7/25

10:00 a.m. - 11:30 a.m.

Fee: \$30

*\$5 city resident discount*

## BASIC BEAD KNOTTING

Activity # 5012.209

You can design a necklace learning the art of knotting. This class includes the knotting tool. Does not come with beads or clasp.

Thursday, 6/25

10:00 a.m. - 11:30 a.m.

Fee: \$45

*\$5 city resident discount*

## BASIC EARRING

Activity # 5013.209

Learn the art of beading jewelry as well as two different styles of earrings in the 1-1/2 hour class.

Includes bracelet. You must purchase earring supplies.

Receive a 10% discount for supplies purchased the day of the class.

Thursday, 7/9

11:00 a.m. - 12:30 p.m.

Fee: \$45

*\$5 city resident discount*

PLUS: Supplies that are purchased the day of the class.

## SPECIAL EVENTS



### STARS IN THE PARK SUMMER MOVIE SERIES

Join us for movies and more on CD Lyons Ball Field at Les Myers Park on the fourth Friday of the summer months, June, July, and August.

The outdoor movies have been edited for family viewing. Games and activities and inflatable amusements will begin on the ball field at 7:30 p.m. The movie will begin at 8:45 p.m. Food and concessions will be available. Don't forget your chairs or blankets to sit on.

FREE to family and friends.

Friday, 6/26 - Madagascar 2  
Escape from Africa

Friday, 7/24 - Kung Fu Panda

Friday, 8/28 - Wall-E

## YOUTH

### TEEN FITNESS & FLEXIBILITY

Excellent for students involved in Athletics or kids who just want to get some exercise. Join Personal Trainer Michelle Colombero for a combination of exercises to create more flexibility and strength. Ages 10 - 16. Parental consent required.

Saturdays

9:00 - 9:45 a.m.

Session I: Activity # 9003.209

6/6 - 7/11 (6 weeks)

(no class 7/4)

Session II: Activity # 9004.209

7/25 - 8/29 (6 weeks)

(no class 8/1 and 8/8)

Session III: Activity # 9005.209

9/5 - 10/3 (5 weeks)

(no class 9/26)

Fee: \$20

*\$5 city resident discount*

Location: Academy Recreation Center

### BASIC DRAWING AND PAINTING TECHNIQUES

If you love to draw or paint this is the class for you! Enhance your talent with basic drawing and painting techniques that you can use for a lifetime. Contact Amanda Campbell for a materials list or for questions, [campbellsstudio@gmail.com](mailto:campbellsstudio@gmail.com).

Thursdays

1:00 - 2:00 p.m.

Session I: Activity #9006.209

6/4 - 7/30

Session II: Activity # 9007.209

8/6 - 9/24

Fee: \$30

*\$5 city resident discount*

PLUS \$15 materials fee to be paid to instructor.

Location: Fire Station #7

250 International Dr. NW

### YOGA BAGODA

Just for 3-5 year olds! Bring your tyke for some fun learning creative, expressive poses that will have them feeling happier and confident while encouraging their creative spirit. The names and poses have been geared to suit their little bodies and appeal to their creativity, giving them the opportunity to be a little silly but at the same time learning to relax. This age-appropriate 45 minute yoga class is perfect for building a healthy and fit lifestyle foundation and it is so much fun! Adult supervision requested. Instructor: Michelle Colombero

Tuesdays

9:00 - 9:45 a.m.

Session I: Activity # 9000.209

6/9 - 7/14 (6 weeks)

Session II: Activity # 9001.209

7/21 - 8/25 (6 weeks)

(no class 8/4)

Session III: Activity # 9002.209

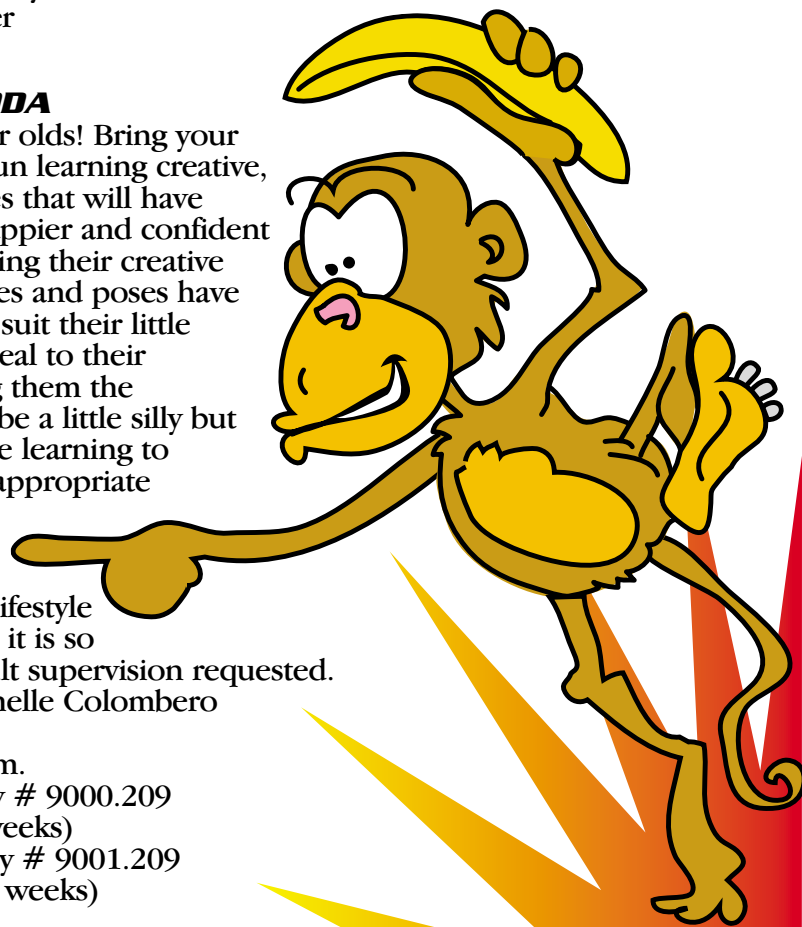
9/1 - 9/22 (4 weeks)

(no class 9/29)

Fee: \$20

*\$5 city resident discount*

Location: Academy Recreation Center





## FITNESS

A variety of fitness classes are offered. Many of our instructors hold nationally recognized certifications and all have significant training and experience. Minimum of eight participants per class.

### GET FIT PUNCH CARD

Activity # 4000.009

The Get Fit Punch Card provides convenience, flexibility and options! Holders of the Card may participate in 10 single fitness classes offered by Concord Parks & Recreation Department as long as space is available. The Card is good for one year from the date of purchase and must be purchased before attending the first class. Present the Card at class.

Fee: \$40

*\$5 city resident discount*

### GET FIT WALKING AT DORTON PARK

Activity # 4001.209

Join us as we enjoy summer mornings in beautiful James L. Dorton Park. Fitness Instructor and Personal Trainer Michelle Colombero will guide you in stretching before and after the two mile cardiovascular walk.

Tuesdays and Thursdays

6/9 - 7/16 (no class 6/18)

6:30 - 7:30 a.m.

Fee: \$15

*\$5 city resident discount*

Location: Dorton Park, Poplar Tent



### NEW SEGMENT OF THE MCEACHERN GREENWAY TO OPEN EARLY THIS SUMMER

This segment will connect McGee Park to Downtown Concord. Gather your friends and family for a walk!



### GET FIT WALKING ON THE "NEW" GREENWAY

Starting at McGee Park, you'll begin your journey at 6:30 a.m. Stretching and warming up with personal trainer, Michelle Colombero. Through the Park and into the woods, over the bridge and towards the Post Office onto Means Avenue and uptown Union Street. We'll turn left onto Patton Court winding our way to Lawndale Avenue and then down the road to the McEachern Greenway and back to McGee Park. This 3.98 mile walk will take about 1.25 hours depending on the pace.

Mondays, Wednesdays, & Fridays

6:15 - 7:30 a.m.

Session I: Activity # 4002.209

6/8 - 7/17 (no class 6/19)

Session II: Activity # 4003.209

7/20 - 8/28

(no class 7/31, 8/3, 8/5, 8/7)

Session III: Activity # 4004.209

6:30 - 7:45 a.m.

8/31 - 10/2

(no class 9/7, 9/25, 9/28)

Fee: \$15

*\$5 city resident discount*

Location: McGee Park, Corban Ave.

## SPECIAL INTEREST

### BALLROOM DANCE

Ballroom dance classes for beginners. Learn the foxtrot, tango, salsa and rumba and dance like a star!

Instructor: Katherine Gonzalez  
Wednesdays

Session I: 7/1 - 7/22 (4 weeks)

Foxtrot & Tango:

Activity # 8009.209

6:00 - 6:50 p.m.

Waltz & Cha-Cha:

Activity #8010.209

8:00 - 8:50 p.m.

Session II: 7/29 - 8/19 (4 weeks)

Foxtrot & Tango:

Activity # 8011.209

6:00 - 6:50 p.m.

Waltz & Cha-Cha:

Activity # 8012.209

8:00 - 8:50 p.m.

Session III: 8/26 - 9/16 (4 weeks)

Foxtrot & Tango:

Activity # 8013.209

6:00 - 6:50 p.m.

Waltz & Cha-Cha:

Activity # 8014.209

8:00 - 8:50 p.m.

Session IV: 9/30 - 10/14

(4 weeks)

Hustle & East Coast Swing:

Activity # 8015.209

6:00 - 6:50 p.m.

Rhumba & Mambo:

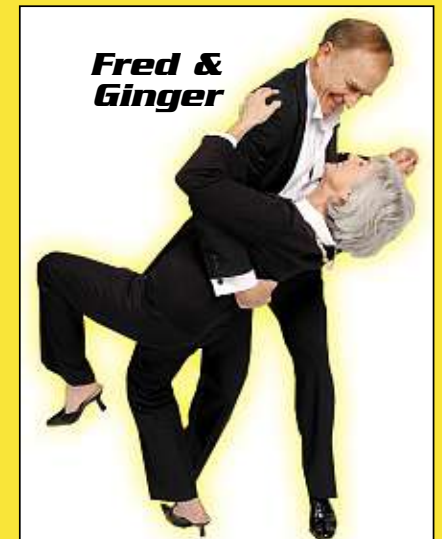
Activity # 8016.209

8:00 - 8:50 p.m.

Fee: \$65

*\$5 city resident discount*

Location: Academy Recreation Center



## PILATES

Improve your core strength, flexibility, balance and build strength without bulk.

Instructor combines yoga to the workout using bands, weights and fitness balls. Bring a mat and water bottle. Limited to 18 participants per class.

Instructor: Michelle Colombero  
Tuesday & Thursday

**Session I:** Activity # 4005.209  
6/9 - 7/16  
6:00 - 7:00 p.m.

**Session II:** Activity # 4006.209  
6/9 - 7/16 (no class 6/18)  
10:00 - 11:00 a.m.

**Session III:** Activity # 4007.209  
7/21 - 8/27 (no class 8/4 and 8/6)  
6:00 - 7:00 p.m.

**Session IV:** Activity # 4008.409  
7/21 - 8/27 (no class 8/4 and 8/6)  
10:00 - 11:00 a.m.

**Session V:** Activity # 4007.209  
9/1 - 10/1 (no class 9/24 and 9/29)  
6:00 - 7:00 p.m.

**Session VI:** Activity # 4008.209  
9/1 - 10/1 (no class 9/24 and 9/29)  
10:00 - 11:00 a.m.

Monday & Wednesday

**Session I:** Activity # 4009.209  
6/8 - 7/15

**Session II:** Activity #: 4010.209  
7/20 - 8/26 (no class 8/3 and 8/5)

**Session III:** Activity # 4011.209  
8/31 - 9/30 (no class 9/7, 9/23, 9/28)  
7:00 - 8:00 p.m.

Fee: \$23

*\$5 city resident discount*

Location: Academy Recreation Center

## STABILITY BALL WORKOUT

Create strength and balance while we work your chest, shoulders, legs, hips and abs. Have fun rolling on the ball! Limited to 10 participants.

Instructor: Michelle Colombero  
Mondays

10:00 - 11:00 a.m.  
**Session I:** Activity # 4012.209  
6/8 - 7/13

**Session II:** Activity # 4013.209  
7/20 - 8/24 (no class 8/3)  
Saturdays

10:00 - 11:00 a.m.  
**Session I:** Activity # 4014.209  
6/6 - 7/11 (no class 7/4)

**Session II:** Activity# 4015.209  
7/25 - 8/29 (no class 8/1 and 8/8)  
**Session III:** Activity # 4016.209

9/5 - 10/3 (no class 9/26)

Fee: \$28

*\$5 city resident discount*

Location: Academy Recreation Center



## YOGA

For beginners to intermediate, enjoy the asanas (postures), breathing and stretching that will help you feel more flexible and relaxed. Bring mat, water and wear comfortable clothing. Min. 5; max. 16 participants. Meets Wednesdays and Fridays as well as Tuesdays and Thursdays.

Instructor: Michelle Colombero  
Wednesday & Friday (6 weeks)  
11:15 a.m. 12:15 p.m.

**Session I:** Activity # 4017.209  
6/10 - 7/10 (no class 6/17, 6/19)

**Session II:** Activity # 4018.209  
7/22 - 8/28 (no class 7/31, 8/5, 8/7, 8/19)

**Session III:** Activity # 4019.209  
9/2 - 10/2 (no class 9/16 and 9/25)

Tuesdays & Thursdays (6 weeks)  
7:15 - 8:15 p.m.

**Session I:** Activity # 4020.209  
6/9 - 7/16

**Session II:** Activity # 4021.209  
7/21 - 8/27 (no class 8/4 and 8/6)

**Session III:** Activity # 4022.209  
9/1 - 10/1 (no class 9/24 and 9/29)

Fee: \$23

*\$5 city resident discount*

Location: Academy Recreation Center



Michelle says, "Be good to yourself!"



## EXERCISE: THE BASICS

Activity # 4023.209

Incorporate traditional aerobics and step aerobics with strength training and stretching to create a balanced workout. Bring your own mat, hand weights, and water bottle.

Instructor: Lee Campbell

Tuesdays & Thursdays

9/22 - 10/15

5:30 - 6:30 p.m.

Fee: \$23

*\$5 city resident discount*

Location: Fire Station #8

1485 Old Charlotte Rd.



## PERSONAL TRAINING

Activity # 4024.209

Exercise is a great way to lower your cholesterol, stimulate your heart and regulate your blood pressure. Michelle Colombero can design a 1 hour program that will help you get motivated and feel great! She'll work with you on your upper and lower body to build strength and create a cardiovascular component for a healthy, balanced way of life. Finally, she will furnish you with exercises for strength and flexibility. A medical clearance from your physician is required if you are over 40 years of age.

Instructor: Michelle Colombero

Fee: \$40 per 1 hour session;

*\$5 city resident discount*

Contact Parks & Recreation at 704-920-5600 to schedule with Michelle.

## FITNASTICS

Activity # 4025.209

This low impact class incorporates resistance training with strength exercises using bands and weights. Bands furnished by the instructor. Bring your 2 lb. weights, mat and water bottle.

Instructor: Vickie Fisher

Tuesdays & Thursdays

6/30 - 9/15 (12 weeks)

9:15 - 10:15 a.m.

Fee: \$35

*\$5 city resident discount*

Location: Hartsell Recreation Center

## FIT AND FABULOUS

Activity # 4026.209

Stay Fit and Fabulous with this great group of senior adults. Enjoy walking, range of motion and strength exercises, and fellowship. Monthly luncheons, local trips, and surprises are included.

Wednesdays, continual

10:00 - 11:00 a.m.

Fee: "Drop in the Cup"

Location: Academy Recreation Center

## FIT AND FABULOUS OUTINGS

June

Lunch at Evelyn Smith's (covered dish)

July

Shopping at Hamrick's in Gaffney, SC

August

Homemade Ice Cream & Desserts



# SPECIAL INTEREST

## LINE DANCE

### BEGINNER:

Activity # 8017.209

For new dancers, no experience needed! Learn some of the newest dances and old favorites such as the Boot Scootin' Boogie and Electric Slide.

7:00 - 8:00 p.m.

Mondays, 7/13 - 8/31

(no class 8/10)

### HIGH BEGINNER:

Activity # 8017.209

Experience is required, plus terminology of dance. Learn some of the hottest dances!

6:00 - 7:00 p.m.

Mondays, 7/13 - 8/31

(no class 8/10)

### INTERMEDIATE:

Activity # 8018.209

Experience is required, plus terminology of dance. Learn some of the hottest dances!

7:00 - 8:00 p.m.

Wednesdays, 7/15 - 9/2

(no class 8/12)

### DANCE & REVIEW:

Activity # 8019.209

This is a step up from beginners, taught at a faster pace. Learn lots of the newer dances.

6:00 - 7:00 p.m.

Wednesdays, 7/15 - 9/2

(no class 8/12)

**Register at class.** Make checks payable to instructor, Linda Long. One class per week:

\$30 per session;

*\$5 city resident discount*

Two classes per week:

\$50 per session;

*\$5 city resident discount*

Location: C.T. Sherrill

Community Bldg.,

Les Myers Park



## Registration Process

Registration is on a first-come, first-served basis. Fees are due and payable upon registration. A registration form for our classes is included on the back cover of the brochure. A signed registration form is required for participation in all programs. Please note: Summer Playground, Athletic Programs and Special Events require different registration forms. Please call for the appropriate form or download from our web site at [www.concordparksandrec.org](http://www.concordparksandrec.org).

There are three ways you can register for classes or programs with the City of Concord Parks & Recreation Department.

**Mail-In Registration:** Complete the registration form found below, include payment and mail to:

Concord Parks & Recreation Department  
P.O. Box 308  
Concord, NC 28026-0308

**Online Registration:** For your convenience, some classes and programs are now available through online registration. Please visit our web site at [www.concordparksandrec.org](http://www.concordparksandrec.org) to see if online registration is available for your class or program. Online registration payment can be

made with your credit or debit card. A user fee is applied to online charge payments.

**Walk-In Registration:** Complete the registration form found on the back of the brochure and bring with payment to:

Academy Recreation Center  
147 Academy Avenue NW  
Concord, NC 28025

**City Resident Discount:** Many of our activities and programs offer discounts to City of Concord Residents due to contributions to the local tax base. If a discount is offered, it is shown as a City Resident Discount, and if applicable, this amount will be deducted from the program fee as indicated. This discount applies to registration fees and not to supplies, materials, equipment, etc.

**Not sure if you are a City Resident?** You are a resident if you reside within the City Limits of Concord. If you are still not sure please call 704-920-5600.

Please call 704-920-5600 or email us at [recreation@ci.concord.nc.us](mailto:recreation@ci.concord.nc.us) if you have any questions or concerns.

## MAILING ADDRESS:

Concord Parks & Recreation  
P. O. Box 308  
Concord, NC 28026-0308

147 Academy Avenue, NW  
Tel. 704-920-5600 · Fax 704-792-1971  
[www.concordparksandrec.org](http://www.concordparksandrec.org)

Please print

Participant's Name \_\_\_\_\_

Home Phone \_\_\_\_\_

Business or Cell Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Activity/Trip \_\_\_\_\_

Activity/Trip Site \_\_\_\_\_

Dates: From \_\_\_\_\_ To \_\_\_\_\_

Time: \_\_\_\_\_ (am/pm) on M T W TH F SAT SUN (Please Circle)

Where did you get your copy of the Leisure Times? School ☐ Newspaper ☐ Mail ☐ Other \_\_\_\_\_

If anyone needs any reasonable accommodations, please contact the ADA Coordinator within 24 hours at 704-920-5111.

I understand that pre-registration in my class is on a first-come, first-served basis, and that the Concord Parks & Recreation Department, its staff, facilities, and instructors will not be held responsible for any injury or loss that might occur in the course of the program. The department reserves the right to cancel or modify programs due to enrollment, weather or other situations that are deemed necessary. Refunds may be made in cases in which changes in class day, time or site prevent participation. I understand that photographs may be taken during the program for departmental use. Registration fee is enclosed (if applicable).

Registrant's Signature \_\_\_\_\_

(Parent's signature if registrant is under 18)

Residency (Please check one) City of Concord Resident ☐ Non-Resident ☐

NOTE: City of Concord Resident indicates that participant resides within the City Limits of Concord.

Date \_\_\_\_\_ Fee Enclosed \_\_\_\_\_

Please make check payable to City of Concord

## CITY OF CONCORD PARKS & FACILITIES

**Administrative Office** • 704-920-5600  
147 Academy Avenue, NW

**Academy Recreation Center** • 704-920-5601  
147 Academy Avenue, NW

**Beverly Hills Park** • 704-920-5601  
631 Miramar Street, NE

**Marvin Caldwell Park** • 704-920-5603  
362 Georgia Street, SW

**James L. Dorton Park** • 704-920-5602  
5790 Poplar Tent Road

**Gibson Field** • 704-784-2616  
or 704-920-5617  
321 Misenheimer Avenue, NW

**Hartsell Recreation Center** • 704-920-5602  
60 Hartsell School Road

**Hartsell Field Complex** • 704-788-9325  
or 704-920-5617  
30 Swink Street, NW

**Hartsell Park** • 704-920-5602  
65 Sunderland Road

**Lake Fisher Reservoir Boat Rentals**  
704-920-5601 or 704-938-1327  
5090 Lake Fisher Road  
(Seasonal) March-October

**Logan Recreation Center** • 704-920-5603  
151 Rone Avenue, SW

**McAllister Field** • 704-786-0157  
or 704-920-5617  
160 Crowell Drive, NW

**Harold B. McEachern Greenway**  
704-920-5600  
Enter at Les Myers Park or  
J. W. McGee, Jr. Park

**The Village Greenway**  
704-920-5601  
175 Academy Avenue, NW

**J. W. "Mickey" McGee, Jr. Park**  
704-920-5600  
219 Corban Avenue, East

**John F. McInnis Aquatic Center**  
704-920-5604 or 704-920-5600  
151 Academy Avenue, NW  
(Seasonal, May-August)

**Les Myers Park** • 704-920-5601  
338 Lawndale Avenue

**Rocky River Golf Club at Concord**  
704-455-1200  
6500 Speedway Blvd.

**W. W. Flowe Park** • 704-920-5603  
99 Central Heights Drive

**Webb Field** • 704-786-8406  
or 704-920-5617  
165 Academy Avenue, NW

## PARKS HOURS:

### April-October

Open daily from 8:00 a.m. until 9:00 p.m.  
Lighted field and court facilities  
close at 11:00 p.m.

### November-March

Open daily from 8:00 a.m. until 7:00 p.m.  
Lighted field and court facilities  
close at 10:00 p.m.